

Baked Apple Meringues with Orange-soaked Raisins

Ingredients

- 2 medium Bramley apples, washed and cored
- 3 egg whites
- grated zest and juice of 1 orange
- 100g raisins
- 2 tbs granulated sweetener



Method

- Pre-heat the oven to gas mark 5, 190°, 375°F
- Put the apples on a lightly oiled baking tray and place in the oven for 30 mins
- Place the raisins, orange juice and zest into a small pan and heat gently until the juice has disappeared
- When the apples have been baking for 30 mins remove from the oven and cover with the raisin mixture, return to the oven for 15 mins
- Meanwhile whisk the egg whites to the 'soft peak' stage, then whisk in the sweetener a teaspoonful at a time
- Place the meringue mixture over the apples and bake for a further 10-15 mins
- Remove from the oven and serve immediately with vanilla yogurt